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Suggestions and guidelines for establishing rules for co-recreational intramural activities are presented. These rules are not intended as a precedent or a national standard--they are ideas for adapting standardized rules for men's and women's sports to meet the needs, demands, and characteristics of co-recreational sports. Eleven different college-level activities are described along with suggestions for modification of college-level sports for elementary and secondary levels. Rules are presented for basketball, ice broomball, flag football, hoop hockey, innertube waterpolo, slow pitch softball, soccer, tug championships, frisbee, and volleyball. (MM)

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RULES FOR COEDUCATIONAL ACTIVITIES AND SPORTS

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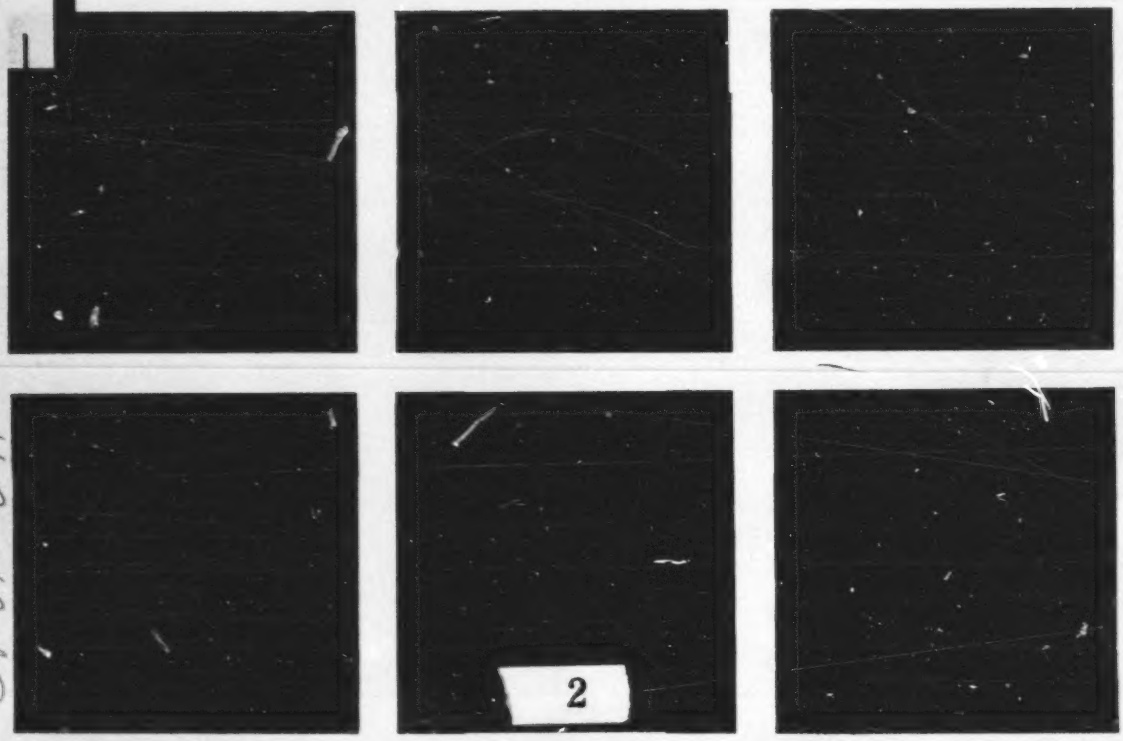

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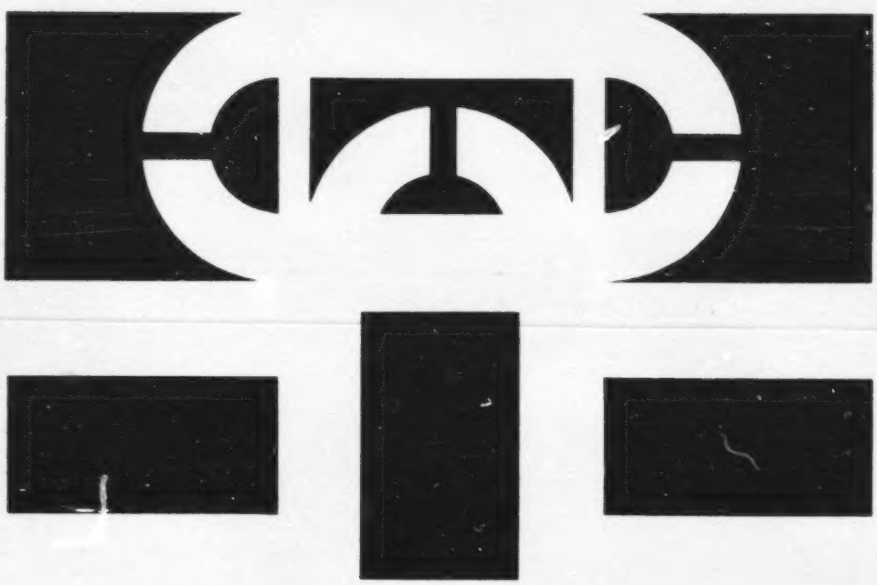
RULES FOR COEDUCATIONAL ACTIVITIES AND SPORTS



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INTRODUCTION

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For many years, standardized national rules have been available for numerous men's and women's sports. These rules have been more than adequate for the administration and operation of extramural and varsity sports at all educational levels. They have provided both concrete guidelines within which coaching can be most effective and a common base for interscholastic competition.

These rules, however, generally have been unsuitable for use in intramural programs. Intramural rules tend to be modified adaptations of the standard national rules or individually developed rules within a given situation. This is a result of the very nature of intramural programs in that rules are established to best meet the unique needs, demands and characteristics of the players in a particular setting. It would be improper to generalize standard national rules across all institutional and educational levels because some needs would not be met, as all situations do differ.

A more important problem faces us, however, which can be alleviated by a national publication. This relates to the steady, definite growth and interest in co-recreational intramural activities. In this case, there are currently no national rules which can be used as guidelines for adaptation to specific settings. As a result, many intramural program administrators are staggering, mainly by trial and error, to develop their own rules in response to the increasing demand for co-recreational activities.

This publication is a sincere attempt to offer helpful suggestions and guidelines in establishing your co-recreational rules. You will find rules for 11 different co-recreational activities. The rules are *not* to be considered as a precedent or a national standard. Rather, they will give you ideas about rules that would be appropriate to your situation.

Note: For additional ideas on adapting rules and strategies for coed play, the reader is referred to "Coed Sports in High School," Lee Johnson, *Journal of Physical Education and Recreation*, Jan. 1977, pp. 23-25.

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University of Colorado, Boulder
University of Iowa, Iowa City
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University of Minnesota, Minneapolis

Gerry Maas, director of intramurals, Iowa State University, Ames, formulated the "Suggestions for Modifying Coeducational College Level Team Sports for Elementary and Secondary Levels," page 1.

The following members of the National Intramural Sports Council Executive Committee shared in this project:

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SUGGESTIONS FOR MODIFYING COEDUCATIONAL COLLEGE LEVEL TEAM SPORTS FOR ELEMENTARY AND SECONDARY LEVELS

Gerry Maas
Director of Intramurals
Iowa State University

In sport modifications for intramurals a good imagination is needed. The best modifications haven't been thought of yet. Here is a general outline of some ideas:

1. **Size of Court/Field or Goals**
   a. Decrease size of court/field – better for intramural conditions.
   b. Enlarge size of goals, or lower goals as in basketball, to aid interest and scoring.
   c. Use restraining lines or areas to limit offensive play by boys.
   d. Allow girls only to go in certain part of field/court, i.e. closer to goal so they can score more frequently. Example: in basketball, only girls can go into 3 second lane area.

2. **Time and Timing**
   a. Running time
   b. Stop time
   c. No time – use number of plays as in football
   d. Allow time-outs – or no time-outs.
   e. Decrease length of time in game periods.
   f. Use free substitution at one common place on field/court.
   Example: Free substitution at mid-court area in basketball.

3. **Number of Players**
   a. Enlarge size of team to allow more children and young people to play.
   b. Reduce number of players if size of court/field is reduced.
   Example: 3 player basketball on half court.
   c. Use ability grouping.
   d. Equalize number of male and female participants.

4. **Equipment**
   a. Use junior size equipment so younger players will have more control.
   b. Play game using scooters.

5. **Rules**
   a. Simplify game rules so that little officiating is necessary.
   b. Structure rules for continuous play.
   c. Alternate male and female contacts with ball or equipment.
   d. In co-recreational secondary activity, goals by girls should be worth more than goals made by boys. In elementary play the same value can be used.
   e. Give girls more trials in rules pertaining to extra points.
   f. Increase ball handling contacts for girls.
   g. Alternate boy and girl contacts with ball or equipment.
   h. Alternate goal scoring between boys and girls.

In modifying rules, keep the following objectives in mind:
1. Make intramural participation more fun and enjoyable.
2. Strive for smooth conduct of games.
3. Consider additional playing time.
4. Encourage participation by both sexes.
5. Make officiating less complicated.

BASKETBALL RULES AND REGULATIONS
University of Minnesota
Minneapolis, Minnesota

1. The rules used are high school regulations as defined in the National Federation of State High School Association *Rule Book*. Exceptions to these rules for IM play are listed on this sheet.

2. Games shall consist of 48 minutes divided into four quarters of 12 minutes each. Time will run continuously throughout each quarter. *There are no time-outs.*

3. When the score is tied at the end of the regulation playing time, a sudden death overtime period will be played. The first team to reach the tie score takes the ball in at center court to begin the overtime period. The winner shall be the team that scores the first 2 points (any combination). *Note:* This does not mean that a team must win by 2 points.

4. To start each game the team which wins the coin toss will have the choice of which team is to take the ball out-of-bounds from center court. This privilege will then be alternated for the remaining three quarters. For any subsequent held ball (jump ball) situation, the ball *will never be tossed* by the official, but instead the team other than the one last having control of the ball will take it from out-of-bounds nearest the point when the held ball occurred.

5. During the first 46 minutes of play, the ball is handed to the offended team's player at the out-of-bounds spot nearest the place where the foul occurred as the result of any non-shooting foul. Shooting fouls, technical fouls, double fouls and intentional fouls are administered according to Federation basketball rules. During the last *2 minutes of the game*, the bonus free throw rule is used for non-shooting fouls.

6. If a team is late, its opponents will receive 2 points per minute for the first 5 minutes and 1 point for each additional minute the team is late. The score of a forfeited game is 2-0.

7. A team may play a game with less than five players.

8. Substitutions may be made any time providing the player and substitute cross the sideline at approximately the same point. No substitutions can take place on the endlines and any attempt to deceive will be penalized by a technical foul.

9. Player control fouls will be treated as violations and *not* recorded as personal fouls.

10. *Fighting of any kind or harassment of officials will not be tolerated.*

11. *Dunking is not permitted* at any time and will be penalized with a technical foul.

12. Players wearing glasses *must* have shatterproof lenses and straps.

13. a. *Fall quarter competition* – based on playing two classification games followed by All-University single elimination AAA, AA, A and B tournaments. Each team entering on time is assured of three games.

    b. *Winter quarter competition* – Team captains make a choice of entering All-U A, All-U B, or All-U C leagues within each division. After completing round robin schedules, All-U A teams play for AAA, AA, A Championships.

14. Practice balls may be checked out from the IM supervisor by filling out the requisition slip completely and submitting a student I.D. and current paid fee statement or a staff-faculty participation permit. Teams must return basketballs before the second half of their game begins.

15. All players must have an eligibility card on file in the rec sports office. Cards may be obtained from and turned in to IM supervisors or the rec sports office.

CO-REC BASKETBALL RULES MODIFICATIONS

1. **Players**
   Each team will consist of five players: two men and three women. Substitutions are allowed on a *man-for-man* and a *woman-for-woman* basis only. It is *required* that each team have at least one extra player to assist in the scoring and/or timekeeping on the sidelines. A team may have only one intercollegiate player on the court at one time. Consult *Rec Sports Handbook* for definition of "intercollegiate player."

2. **Scoring**
   Field goals scored by men shall be worth 2 points each; field goals scored by women shall be worth 3 points each. Free throws scored by men and women shall be worth 1 point each. *Team members must wear numbered shirts.*

3. **Special Regulations**
   A male player is not allowed in the entire area of the free-throw lane from the free-throw line to the baseline at any time on either end of the court. At no time may his body cross the plane of this area. This applies for throws and all other cases without exception. A violation of this provision will be treated as follows:
   a. If the encroachment is in the violator's offensive court, the ball shall be awarded out-of-bounds to the other team.
   b. If the encroachment is in the violator's defensive court, it shall be treated as a basket interference (whether a shot has been attempted or not) and 3 points shall be awarded to the other team.

INTRAMURAL COED 2 ON 2 BASKETBALL RULES
University of Colorado
Boulder, Colorado

1. A game will consist of two 15-minute halves and a 5-minute intermission between halves. The first team to score 30 points in the first half will stop play and the first team to score 60 points in the second half will end the game. *All games will be half court.*

2. A team consists of two members, a male and a female. Males must guard males, and females guard females, with a female attempting a reasonable number of shots during the game.

3. A jump ball at the center of the key on your court will mark the start of the game. Either team member may be selected to jump.

4. Scoring will be as follows:

   Male basket = 2 points, foul shot = 1
   Female basket = 4 points, foul shot = 2

5. No free throws will be taken (with the exception of two shot fouls and technical fouls) until the bonus free throw rule is in effect; this begins with a team's fourth foul during the half. On all other fouls the opposing team will take possession of the ball on the sideline opposite where the infraction occurred.

6. The game clock will remain running during the shooting of fouls, with the exception of the last 2 minutes of play in each half.

7. An intentional foul by a male upon a female during the last 2 minutes of play will give a female three shots to make two baskets.

8. After a basket is made, the opposing team gets the ball out-of-bounds at the center line.

9. A team getting the rebound from the opposite team shooting for the basket must take it back past the foul line before attempting a shot.

COED ICE BROOMBALL RULES

University of Colorado
Boulder, Colorado

1. **General**
   a. The object of broomball is to put the ball in the goal which scores 1 point.
   b. Each team consists of seven players: three forwards, two defense players, one rover and one goalie. Each team must have three males and three females on the ice at a time, not including the goalie, who may be of either sex. Each team must leave seven players on the ice to start the game.
   c. Broomball is basically played according to the rules of ice hockey.

2. **The Broom and Ball**
   a. The broom must be an ordinary household, straw broom.
   b. The broom may be cut, but may not be cut less than 3 inches angling to 5 inches, being measured from the last thread on the broom. If there is no angle, then the broom can be no shorter than 4 inches from the last thread.
   c. The broom must be covered with plastic and taped from the handle to the tip. The handle of the broom must also be taped the length for safety reasons.
   d. Teams should have extra brooms and tape on hand. Violation of any of the broom standards will result in the broom being declared illegal for use in any game.
   e. The ball shall be 10 inches in diameter and made of rubber.

3. **Officials**
   Each game will have two officials and a scorekeeper.

4. **Penalties**
   a. Any violation of the rules listed under violations will result in a warning; the second time a person is given a warning in one game he/she is ejected from that game.
   b. The only non-violation penalty is offsides, which occurs when a player on the attacking team is entering the attacking zone (inside the blue line) and a player on his/her team is already inside that zone. There will then be a face off just outside the blue line.

5. **Violations (resulting in a whistle stopping play and a warning issued to the player)**
   a. Tripping – any intentional tripping with the broom or leg
   b. Elbowing – flagrant use of elbow to impede an opponent
   c. Checking – any intentional hitting of another player along the boards or in the center ice area
   d. Slashing – any swinging of the broom with the intent of hitting another player
   e. High sticking – hitting someone with or swinging the broom above the shoulder
   f. Cross checking – hitting someone with the broom while having two hands on the broom
   g. Throwing the broom – any throwing of the broom
   h. Holding the ball – anyone (except the goalie) closing his/her hand on the ball

6. **Disallowed Goals**
   A goal will be disallowed if:
   a. It is directed by a hand or foot intentionally.
   b. It is batted in with a high broom above the shoulders.

7. **Equipment**
   a. Required equipment consists of broom, ball, rubber soled shoes (or hockey skates if in skate league – no figure skates), helmet, shin pads and elbow pads. Brooms must be supplied by the participant; other equipment can be checked out.
   b. *Important* – All brooms must be covered and taped so straws are not dispensed on the ice.

8. **Length of Game**
   A game will consist of three 12-minute running time periods. There will be a 2-minute rest between each period.

GUYS AND GALS FLAG FOOTBALL
University of Iowa
Iowa City, Iowa

The variations of the rules for flag football from rules for regulation high school football are outlined.

1. **Eligibility**
   All eligibility rules apply. Consult the handbook in regard to these rules.

2. **Starting the Game**
   a. *Choice of goals and kickoff* – A coin is tossed and the winner gets his/her choice of goals, or kickoff or receiving. The loser of the toss gets his/her choice of options. These privileges of choice shall be reversed at the beginning of the second half.
   b. *Putting the ball in play* – The ball shall be put in play at the beginning of the game, of the second half, after scores and safeties by a place kick or punt from the kicker's goal line. The restraining line is the 20-yard line. Kickoffs not going 20 yards or going out-of-bounds can be taken either at the spot of going out-of-bounds or where it is dead or the ball shall be kicked over 5 yards back. On the second out-of-bounds, the ball can be taken at the spot where it goes out or the ball shall be put into play at the kicker's 15-yard line.
   c. Kickoffs which enter the end zone shall be placed on the 20-yard line; they may not be returned.
   d. The IM office football is the official game ball.

3. **Number of Players**
   Eight players (four men and four women) constitute a team. On the offensive, four players must be on the line of scrimmage (within 1 yard of the line the ball is on). Six players (at least) must be present to begin the game. Of these players on the field, at least half must be women.

4. **Equipment of Players**
   Players are prohibited from wearing the following: any cleated shoes (molded shoes are acceptable), padded suits or special protective devices such as shoulder pads, helmets, etc. If an official finds a player wearing cleats or spikes in the game, he/she shall penalize the team 5 yards and the player must remove the shoes or leave the game. Shoes must be worn. Sandals are not permitted.

5. **Length of Game**
   Two periods of 20 minutes each, 4 minutes between periods. Clocks stop only on scores and when time-out is called by referee. The referee shall have the right to order the timekeeper to start or stop the watch if in his/her opinion the offending team is trying to profit by conserving or consuming time. Time is *not* stopped for incomplete passes except for the last 2 minutes of each half.

6. **Time-outs**
   Each team is entitled to two time-outs during each half. The time-outs not used during the first half may not be used in the second half.

7. **Yards and Downs**
   When the ball is first down in a zone, the team in possession of it is allowed four downs in which to move it from that point into the next zone.

8. **Forward Pass**
   Any member of the passing team is eligible to receive a pass. A guy may pass to gals only. A gal passing may pass to either guy or gal. Passes from gals to guys must be thrown beyond the line of scrimmage.

9. Dead Ball

A live ball becomes dead as a result of the following acts, and an official of the game may declare the ball dead by signal or whistle.

a. When the ball goes out-of-bounds in flight and strikes the ground, a player who is out-of-bounds or an obstruction which is out-of-bounds.

b. When a touchdown, touchback, safety, or try for point is made.

c. When the ball touches the ground as a result of a muffed ball or fumbled ball. *Exception* – a ball snapped from center which hits the ground before being touched and in front of the player for whom it was intended remains in play. Otherwise a muff or fumble is dead at the spot at which it hits the ground. On freekick situations, a muffed ball can be picked up and kicked. *Exception* – If snapped out of end zone, it will be a safety.

d. When a player of the kicking team catches a free kick or kick from a scrimmage.

e. When a forward pass strikes the ground or is caught simultaneously by opponents. The ball is awarded to the offense.

f. When a flag is removed from a ball carrier, or if the ball carrier loses one of his/her flags accidentally. *Note:* A back who has his/her flag removed just after throwing a backward pass becomes ineligible to advance a forward pass. The pass to him/her is ruled complete and placed at the spot of the catch. The attempt to remove the flag must be judged to be a legal attempt to stop the player with the ball.

g. When any player with only one flag catches a forward pass, the ball shall be ruled a complete pass but dead. No player shall intentionally remove the flags of opposing players to make them ineligible receivers.
Penalty: 10 yards and offender disqualified if flagrant.

h. When any kick touches the ground after touching a player of the receiving team the ball will be placed at the spot where the receiver touched the ball or if the ball bounces forward after touching the receiver, the ball will be placed where it touched the ground behind the receiver. For example, if the receiver jumps up and bats the ball forward it will be dead at the spot where he/she touched the ball.

10. Blocking

A guy cannot defensively charge through an offensive gal, but must attempt to move around her. Guys cannot aggressively block gals. They can become an obstacle by shuffling their feet and attempting to remain in front of the gals.

11. Defensive Restriction

Defensive players may not use their hands on blockers. They must attempt to avoid blockers. Incidental contact with the hands will be allowed, but should the defender gain an advantage by use of the hands he/she will be penalized.
Penalty: unsportsmanlike conduct, 10 yards.

12. Tackling

It is a foul to tackle, trip, kick, push, shove, or elbow the ball carrier or a blocker while trying to pull the flag. It is a foul for a defensive player to "stiff arm" tackle the ball carrier. The runner's forward progress cannot be impeded in any way. (For any of the above violations, the penalty is 10 yards!)

13. Ball Carrier and Running with the Ball

It is a penalty for the ball carrier to "stiff arm," charge into, knee, kick or try to knock over a player at any time. The ball player must try to avoid contact with all defensive players at all times. (Violation of any of the above is a 10-yard penalty.)

14. Unnecessary Roughness

For unnecessary roughness, the penalty is 10 yards and suspension if necessary.

15. Rough Tactics

Attempts such as trying to run over or batter down an opponent must be penalized as unnecessary roughness. Penalty: 10 yards and suspension if necessary.

16. Protection on Punts from Scrimmage

The kicker on punts from scrimmage shall have absolute protection if a request is made to the referee before the ball is declared ready for play. The referee shall notify the defensive team of his/her request if a request for protection is made. Under such conditions both teams shall maintain a scrimmage line of three players. Players on either team may not pass the line of scrimmage until after the ball has been kicked. Violation of this will result in a 5-yard penalty and the offensive team gets the down over. The kicker after receiving the snap must kick the ball in a continuous motion and may not delay his/her kick. If the kicker fails to do this it will result in a 5-yard penalty. If the ball from snap hits the ground before it gets to the kicker or goes over the kicker's head, he/she still may kick the ball and no rush by either team is allowed.

17. Suspension

Whenever in the judgment of any official or field supervisor a player or players may be involved in any deliberate or flagrant violation of the rules, the player(s) will be suspended and their team penalized 10 yards. This involves foul, dirty or abusive language or violent protest by either word or action against any official or other players. In the judgment of any official or supervisor, any type of unsportsmanlike conduct by any player or team will be penalized by a 10-yard penalty and if the official feels it necessary, he/she can suspend players or forfeit the game.

18. Fouls To Prevent Play

If the defensive team commits a foul so near its own goal line that it can be penalized only by halving the distance to the goal line, the object being (in the opinion of the referee) to prolong the game, it shall be regarded as a refusal to allow play to proceed. In that event, the referee shall warn the offending team once, and then if the offense is repeated, it will be 5 yards and loss of down and time will be stopped until the snap of the ball.

19. Guys May Not Run from Scrimmage

Only gals may run from scrimmage. (Guys are limited to runs with completed passes and runs on punts and kickoffs.)

20. Teams are responsible for keeping players and fans back at least 3 yards from the sidelines. Failure to do so can result in a 5-yard penalty.

21. Ball in Play

A team gets 25 seconds to put the ball in play after it is signaled ready by the referee. Violation of this rule is 5 yards.

22. Scoring

Touchdown	– 6 points
Point after touchdown	– 1 point
Safety	– 2 points

(After safety, the team against whom the safety is scored places the ball in play on its own goal line by a kick.)

23. Ties

In all games, if the game is tied at the end of the second period, the following procedures are followed:

a. *Overtime period* – When the game ends in a tie score, the ball shall be placed in the center of the field and the referee shall toss a coin in the center of the field in the presence of the two

field captains. The captain winning the toss shall have the option of putting the ball in play by scrimmage on the first or second play of the eight alternating plays, four for each team.

b. *Alternating plays* – The team elected to start the series shall put the ball in play. At the completion of that play, their opponents shall become the offensive team and put the ball in play at the spot where the previous play left it. Any gain or loss of distance shall be considered as part of the play unless affected by penalty. This alternating of play shall continue until each team has had four plays in the series of eight. If a winner has not been decided after the eighth play, alternating down the same procedure will go on except the second and succeeding overtime period will have only four alternating downs.

c. *Penalties* – Penalties shall be interpreted according to the regular rules of the game.

d. *Running and passing* – Each play shall begin by scrimmage and shall be limited to running and passing plays. No kicks from scrimmage are permitted.

e. *Intercepted legal or illegal forward pass* – If a player of the defensive team intercepts a legal or illegal forward pass it shall be dead at the spot of interception and shall be returned to the spot of the previous play, the same as an incomplete forward pass. Under no condition can the legal or illegal intercepted forward pass be advanced. The down shall count as one in the series.

f. *Winning team* – The team penetrating or advancing the ball into the opponent's territory after the completion of eight alternating plays shall be declared the winner unless other scores have been made by either team during the overtime period. In case a touchdown is scored, the scoring team shall be given an opportunity to try for an extra point. This play shall be in addition to the series of eight plays. Play shall resume by scrimmage at the center of the field following the try-for-point, and the series shall be completed unless that play was the last of the series.

24. Wearing of Flags

a. All players both offensive and defensive must wear flags while on the playing field.

b. The flags will be fastened to the belt in such a manner as not to be twisted under or fastened to the inside of the belt.

c. The flags are to hang down vertically along the side seam of the trousers.

25. Sleeper Plays

All players must return to the huddle after each play. The sleeper play is not legal.

26. Out-of-Bounds

In accordance with National Federation of State High School Associations, only one foot must touch inbounds in order for pass reception to be considered legal.

27. Safeties

On all safeties, the ball shall be put in play by a place kick or punt from the goal line (the same as kickoffs).

28. Penalties after Touchdown

Any dead ball penalties after a touchdown or extra point, or on the defending team during the try for extra point, will be administered on the first scrimmage play after kickoff.

29. Ball Blown Dead

In flag football, it is not uncommon for a ball to be mistakenly blown dead. In these cases, the ball is dead where blown dead with one exception: if during a forward pass, the official mistakingly blows the ball dead as the quarterback releases the ball, the down will be played over.

30. Section Ties

If two teams are tied in the final standing of section play, the section winner will be the team which defeated the other during the season. In case of a three-way tie at the end of the league play, the positions of the teams will be determined as follows:

a. Take the difference of the total points scored by a team and against that team. (The three teams involved.) The team with the best record will take the top spot between the teams that are tied. If one of the three teams involved in the tie has a forfeit on its record, it will be given the lowest spot of the three. This does not dissolve the tie.

b. If still tied, the total of all games will be considered. If one of the teams in the section forfeits, its scores will be removed from all games involved.

31. Protests

If a team feels that an official has made a misinterpretation of the rules, it should lodge a protest immediately with the official. The official must stop the game and then bring the rule in question to the attention of the field supervisor who will make a ruling on it. This ruling will stand. If the team questioning the rule believes the field supervisor is incorrect, it must lodge a written protest along with $2.00 to the intramural office within 24 hours of lodging the original protest. The intramural office will then make a ruling. If the protest is allowed, the $2.00 will be refunded. *Note:* Play must be stopped if the protesting team allows subsequent action; they forfeit the right of protest.

32. Postponements in Case of Weather

Should a postponement be necessary because of inclement weather, the teams must contact the office in regard to the makeup time and place. Fridays are generally set aside for makeup dates.

33. Summary of Penalties

a. *Loss of down*
   (1) Illegal forward pass by team (also loss of 5 yards)
   (2) Intentionally grounding pass (also loss of 5 yards)
   (3) Offensive pass interference (also loss of 10 yards)

b. *Loss of 5 yards*
   (1) Excess time-out illegally used or requested
   (2) Illegal delay of game
   (3) Infraction of free kick formation
   (4) Offensive player illegally in motion at the snap
   (5) Illegal shift
   (6) Illegally handing ball forward
   (7) Blocking down field or movement down field after completed pass

c. *Loss of 10 yards*
   (1) Team not ready to play at start of either half
   (2) Interference with opportunity to catch a kick
   (3) Striking, kicking, kneeing, elbowing, etc.
   (4) Roughing the kicker or holder
   (5) Unsportsmanlike conduct or use of hands by defense on a blocker
   (6) Infraction of rules during intermission
   (7) Persons illegally on the field
   (8) Tripping
   (9) Illegal use of hands or arm by offense
   (10) Running into opponent obviously out of play. Shoving opponent out-of-bounds instead of pulling flag
   (11) Illegal use of hand or arm by defense
   (12) Protecting flags

d. *Offended team's ball at spot of foul*
   (1) Defensive pass interference
   (2) Illegally batting free ball

CO-RECREATION FOOTBALL RULE MODIFICATIONS
University of Michigan
Ann Arbor, Michigan

The official National Touch & Flag Football Rules for Men and Women and the University of Michigan Touch Football Rule Modifications shall govern all Co-Recreation Division games except for modifications listed below.

1. **Players**
   Six players, three men and three women, shall constitute a team. A team appearing with less than six players may compete against the team of six, but at no time may a team have more men than women on the field.

2. **Ball Carrier(s)**
   Advancement of the ball is governed by the following restrictions, depending on the sex of the ball carrier:
   a. *Scrimmage play via the run* – Advancement from behind the line of scrimmage to beyond the line of scrimmage is restricted to women only.
      Penalty – loss of 5 yards from line of scrimmage and loss of down.
   b. *Scrimmage play via the pass* – A male passer cannot run past the line of scrimmage under any circumstances.
      Penalty – loss of 5 yards from line of scrimmage and loss of down.
   c. *Advancement by male ball carrier* – There are no advancement restrictions to a male once he has obtained possession beyond the line of scrimmage.
   d. *Laterals* – A male or female may execute any number of laterals to receivers of either sex *behind* the line of scrimmage. However, only females may advance the ball (received by lateral) beyond the line of scrimmage. A male advancing the ball (received by lateral) beyond the line of scrimmage is committing a violation.
      Penalty – loss of 5 yards from line of scrimmage and loss of down.

3. **Kicking**
   A punt or kickoff may be made by either sex, but advancement of the ball by either of these two techniques is governed by the following restrictions:
   a. *Male punt or kickoff receiver* – He may not advance the ball forward from his point of contact with the ball, but may, however, move backwards or laterally from the first point of contact.
      Penalty – loss of 5 yards from point of infraction.
   b. *Female punt or kickoff receiver* – She may advance the ball in any direction. If, however, she laterals to a male teammate, he may not begin forward advancement, but is restricted to backward or lateral movement from the point of reception.
      Penalty – loss of 5 yards from point of infraction.
   c. *Blocking* – Blocking rules for receiver of punt or kickoff follow those of any scrimmage play. See Rule 5.

4. **Passing**
   The passer may be either male or female. The receivers are governed by the following restrictions:
   a. *Male passer* – He may complete his forward pass to a female receiver only; no male-to-male combinations.
      Penalty – loss of 5 yards from line of scrimmage and loss of down.
   b. *Female passer* – She may complete her forward pass to a receiver of either sex. A male receiver may advance the ball only if he has received the pass beyond the line of scrimmage.
      Penalty – loss of 5 yards from line of scrimmage and loss of down.

c. *Tipping the ball* – A ball may not be lateralled unless the receiver has complete possession of the ball before attempting the lateral. This pertains to both male or female receivers. Penalty – loss of 5 yards from line of scrimmage and loss of down.

5. Blocking

Screen blocking is the only legal type of blocking on Co-Recreation Division touch football. A screen block is one in which the blocker is positioned directly in front of the opponent. The blocker may move or remain stationary; body contact is not permitted under any circumstance. Any other type of blocking is a 15-yard penalty from the point of infraction.

6. Scoring

a. Touchdown – 6 points
b. Point after touchdown by run – 1 point
c. Point after touchdown by pass – 2 points
d. Safety – 2 points

7. Equipment

a. *Football* – The official football to be used for Co-Recreation Division games is the junior-size leather or rubber ball. However, the larger (official size) ball may be used if (and only if) both team captains agree to do so.
b. *Shoes* – All players must wear shoes. Any type of shoe may be used except those with metal spikes. Regulation football shoes, soccer shoes, gym shoes, tennis shoes and street shoes are all permissible.

COED HOOP HOCKEY RULES
Central Michigan University
Mount Pleasant, Michigan

1. Pre-game Regulations

a. *Team*

(1) The roster may contain any number of players (see IM regulations for open roster policy).

(2) The playing team shall consist of a goalie and four other players.

(3) A goalie and three players may start a game; a goalie and two players must be on the floor at all times.

(4) Coed teams may never have more than two men on the floor at any time.

b. *Eligibility*

(1) Teams and team members must comply with all rules set forth in the *CMU IM Handbook.*

(2) No professional hockey players are eligible.

(3) Members and former members of CMU Ice Hockey Club and all those who possess college varsity letters in ice hockey may play, but are limited to only one per team. Members of the women's field hockey teams are also eligible but are limited to two per team.

c. *Uniform and equipment*

(1) Tennis shoes shall be worn by all players.

(2) Players may wear gloves and helmets.

(3) It is suggested that sweat pants or other loose pants be worn. It is also suggested that all members of a team wear identical shirts (for identification).

(4) Goalie shall be allowed to wear a hockey glove on his/her stick hand but this may not be a goalie glove. On his/her catching hand, the goalie may wear a baseball glove (not a goalie glove).

(5) Goalie *must* wear a mask and may wear helmet if he/she chooses to do so.

(6) Goalie *must* use a commercial stick (provided by IM department).

(7) Players may either use sticks provided by the IM department or provide their own. However, all sticks must be commercially built types and meet standard floor hockey specifications. The total stick length from handle tip to the heel of the blade may be a maximum of 48 inches.

(8) The puck shall be a circular felt hoop (also called a doughnut). The stick resembles a broom handle, with the floor end being rounded off. Both of these are provided by the IM department and only these official pieces of equipment may be used.

(9) Shin pads may be worn under protective clothing.

(10) All players, except the goalies, *must* wear the type of protective mouthpieces designed for football players.

d. *The playing area*

Floor Hockey Playing Area Diagram

X = Face-off Marks

(1) The floor is divided into an attacking zone and a defensive zone by a center line. Goals may be scored from the attacking zone only.

(2) No spectator shall be allowed within the confines of the playing gymnasium. Extra players (reserves) must remain in the area designated by the officials.

2. **General Game Regulations**

a. All three officials shall be responsible for pre-game preparation, game conduct, timing, scoring and all other functions including assessment of penalties. The judgment of officials shall be final.

b. *Timing*

(1) The game shall consist of three periods of 12 minutes each.

(2) There shall be a 5-minute break between periods.

(3) Play shall be non-stop except for the final 2 minutes of each period when the clock will be stopped each time there is a stoppage of action.

(4) The timer should call out the time remaining at or near the point when 2 minutes remain in the period, but action will not be stopped for such an announcement.

c. *Face-offs*

The puck is placed on a designed spot (center of face-off circle as marked by an X) by the official. One player from each team stands outside the face-off circle and places stick in contact with the floor *on the line of the circle* (or 1½ feet from the puck if no circle). On a whistle by the official, players slap the puck or sweep it out of the circle to teammates. All players must be onsides (on side of circle nearest their own goal and facing the opposing goal).

d. *Puck movement, advancement and shooting*

(1) The puck may be advanced by use of the stick or by kicking it.

(2) The hands may be used only to catch an airborne puck which must be dropped immediately with no advancement or directional placement (advancement is an official's judgment).

(3) Shots may be taken only by shooting or deflecting with the stick when said stick is being held below the chest. Shots which bounce off a player and into a goal shall be legal scores as long as the contact with the person is accidental.

(4) A goal is scored when any portion of the puck is across the goal line and provided the officials verify that a goal has been scored.

(5) Goals will not be counted if: (a) the stick is held above chest level; (b) the puck is kicked in; (c) the puck is batted in with the hand; (d) a player from the offensive team is in the goal crease; (e) the shot is taken from the opposite half of the floor.

(6) When the goalie catches the puck, he/she may hold it approximately 2 seconds (officials' discretion) and have it remain in play. If the puck is held longer than 2 seconds, a face-off shall be called to the left of the net where stoppage occurred.

(7) After catching the puck, the goalie may keep play alive by throwing the puck to either side of his goal but not forward toward the opposing goal. Or the goalie may drop the puck to the floor and hit it in any direction with his/her stick. This rule assumes compliance with rule 2d,6 above.

(8) Goalie can "freeze the puck" only when he/she is in his/her goal crease. Any stoppage of play by the goalie while outside his/her crease shall be called delay of game and penalized accordingly. The goalie is allowed to leave his/her crease to cut the angle or make a save, but may not freeze the puck while outside the crease.

(9) Goalies are subject to all penalties, which are to be served by a teammate. The goalies' team shall play shorthanded in accordance with rules.

(10) There shall be no offsides or icing.

(11) When a violation occurs, if a player on the offended team is controlling the puck, the whistle shall not be blown until that player has given up possession. *Interpretation:* Delayed penalties shall be judged by player possession, not by team

possession, providing for continuation only in the event of an obvious individual breakaway with an imminent scoring opportunity.

(12) An automatic goal shall be awarded if a defensive player throws a stick to prevent the puck from entering an open net.

(13) A penalty shot shall be awarded to a player who, in the judgment of the official, had a clear opportunity to score a goal and was prevented from doing so by an opponent tripping, throwing a stick, holding, etc.

e. *A penalty shot explained:* All players except the goalie and the player attempting the shot shall move to the opposite half of the floor. The puck shall be placed on the basketball free-throw line with the shooter being permitted one shot on goal without an attack on the goalie. If the puck is moved from "the line" prior to the shot, a face-off shall be called by the officials. When the shot is taken, play shall immediately be "alive" and all players may return to the action.

3. General Player Conduct

a. Both hands must be kept on the stick at all times except for brief moments during "poke-checks" or similar defensive maneuvers.

b. There shall be no body checking. Only accidental and/or incidental contact shall be permitted. Some contact, especially with the arms, must be anticipated when 10 players and 2 officials are placed in a confined area. However, any heavy contact (whether accidental or incidental) shall not be tolerated.

c. Offensive players may never enter the crease area (the stick may legally be in the crease). Any score which occurs under such circumstances shall be nullified.

d. Free substitutions shall be allowed without stoppage of play. However, the player entering the game during live action must not gain an advantage by becoming part of the play before the player leaving the game is clearly out of the play.

e. If a player who is not in the game intentionally touches a puck which is in play, he/she shall incur a minor penalty for a delay of game.

f. Slashing (striking with the stick), boarding (shoving a player against the wall), high sticking (lifting stick above the chest), roughness, tripping, holding, elbowing, hooking, (wrapping the stick around an opponent), cross-checking (holding the stick at each end and striking an opponent with the handle), interference, delay of game and too many players on the floor shall be minor violations resulting in 2-minute penalties.

g. Spearing (stabbing with either end of the stick) shall result automatically in expulsion from the game.

h. Any player charged with fighting shall not only be ejected from the game, but shall also suffer at least a one-game suspension. The officials and supervisors *must* report all such incidents to the IM director who will decide whether the suspension shall exceed one game.

i. General misconduct (taunting or verbal abuse toward players, officials or spectators) shall be subject to game expulsion.

j. Any player charged with striking an official shall be required to appear before the IM director to appeal for reinstatement.

k. Penalties shall be served in a restricted area designated as the penalty box.

l. A penalized player must return to game action before a substitute may enter the game in his/her place.

m. A penalized player must remain in the penalty box until released by *timekeeper*. (An additional penalty of delay of game will be assessed to any penalized player not abiding to this rule.)

Summary of Violations and Penalties

a. *Major violation* – 5 minutes to player, 2 minutes team shorthanded (all flagrant fouls).

b. *Minor violation* – 2 minutes (slashing, boarding, holding, elbowing, stick throwing, hooking, delay of game, cross-checking, interference, too many players on the floor, roughing, tripping, high sticking).

c. *Misconduct* – ejection and 2 minutes penalty to be served by another player (spearing, fighting, striking an official).
d. Two major violations by the same player shall automatically result in his/her expulsion from the game.

GUYS AND GALS INNERTUBE WATERPOLO RULES

University of Iowa
Iowa City, Iowa

1. **Safety**
   a. All players are advised to clip finger and toe nails to avoid scratching and cutting one another.
   b. Each competitor must wear a T-shirt to prevent bruises and rashes caused by the innertube.
   c. All participants should be completely familiar with the handling of the innertube. Practice times are provided for this purpose.

2. **Starting Play**
   a. Each team lines up at opposite ends of the pool for the start of play.
   b. Play starts when the referee throws the ball into the center of the playing area and both teams propel their innertubes toward the ball.
   c. After each score, the ball is put in play from the referee by returning it to the goalie just scored upon.

3. **Goalie**
   a. The goaltender may not throw the ball more than half the length of the pool at any time.
   b. To effectively guard his/her goal and prevent a thrown ball from entering it or passing the goal line, the goalie may not leave his/her innertube in performing his/her task.
   c. The goaltender must sit in the innertube.
   d. The goalie may be male or female.
   e. The goalie may not hold the ball for more than 5 seconds.

4. **Other Team Members**
   a. No player may leave his/her innertube and touch or maneuver the ball. Otherwise he/she is assessed a personal foul and a free throw or penalty throw is awarded his/her nearest opponent. Also, if tipped out of the tube, a player may not touch or control the ball until back in the tube.
   b. Teams must pass, catch or throw the ball to team members or toward the goal in an attempt to score upon the opposing team. *One or both hands may be used at any time.*
   c. No part of the offensive player's body may penetrate the imaginary 2-yard line.
   d. Tackling a player who has possession of the ball is legal, but must be done from tube to tube.

5. **Number of Players**
   Seven constitute a team. Three must be men and three must be women. The goalie may be male or female. To begin, five players must be present, two must be men and two women. If less than seven players are present at least half of those playing must be women.

6. **Length of Game**
   Twenty-four minutes of actual play. Two 12-minute halves. Teams change ends at half time. Five minutes between halves. Each team gets two time-outs per game. These time-outs are 1 minute in length.

7. **Goalkeeper Area**
   From end of pool 2 yards out and the entire width of playing area. No offensive player is permitted in this area. No player shall hold the ball in this area for more than 5 seconds. No defensive player may throw the ball into his/her own goalkeeper area.

8. **Penalty Area**
From the end of the pool out 4 yards and the entire width of the playing area.

9. **Scoring**
One point for each goal scored. One point for each penalty point thrown at goal and scored. No score if goal is made from within the goalkeeper area. A player scoring a goal must remain in the tube or the score will be disallowed.

10. **Over and Back**
After the ball passes the mid-pool area, it may not go back beyond mid-pool.

11. **Female Touching**
A female must touch the ball on any offensive thrust after it crosses the mid-field.

12. **Drop Ball**
Thrown ball by official into the center of the pool to start the game, half or overtime period. Players on each side must be in their respective goal areas, touching the wall.

13. **Free Toss**
After minor infractions, the nonviolating team member nearest the spot of infraction puts ball into play by passing or advancing with ball. Opponents may not touch, impede or interfere with his/her attempt to pass the ball. One pass must be made before any attempted goal.

14. **Out-of-Bounds**
A free throw from the same point the ball went out is awarded to the opposing team. Player nearest to where the ball goes out takes the throw.

15. **Penalty Throw**
By a female member of the offensive team only. A female takes the penalty throw regardless of the reason for awarding the throw.

A penalty throw is awarded to the offensive team if an offensive player is fouled inside the 4-yard penalty area while controlling the ball and facing the goal.

All players, except the goalkeeper, must leave the penalty area until the throw is taken. No player may be within 1 yard of the thrower. Should the penalty throw be missed, the ball is a free ball and continues in play. The penalty throw must be taken outside the 4-yard area.

Another penalty throw is awarded for each five fouls thereafter. These fouls carry over from one half to the next and also into any overtime periods.

16. **Sudden Death**
When the game ends in a tied score, a sudden death overtime goes into effect.

17. **Eligibility**
All faculty, staff, students and their spouses are eligible to compete. No more than one member of the men's and women's swimming teams may participate in water polo.

18. **Infractions**
Penalty – Loss of possession of the ball by a free toss.
1. Holding onto pool wall while in possession of the ball
2. Holding the ball under water
3. Goaltender throwing the ball more than half the length of the pool

4. Offensive player within the goalkeeper's area
5. Over and back
6. Goalkeeper holding the ball for more than 5 seconds, or any player holding the ball in the goalkeeper's area for 5 seconds

19. Personal Fouls

Penalty – Loss of possession of the ball by a free toss

1. Holding, pushing, hitting, jumping on, tackling, dunking or dumping an opponent not holding the ball
2. Goalkeeper holding onto the side of the pool while catching or passing the ball
3. Tipping an opponent out of his/her tube immediately after an attempt to discount the score
4. Kicking or attempting to kick the ball in order to propel it
5. Splashing an opponent intentionally

20. Penalty Throw

1. Free throw is awarded to the nearest female opponent or a penalty throw at the goal if the foul occurs in the penalty area.
2. Free throw for each set of 10 personal fouls

21. Major Fouls

Penalty – Offending player shall be removed from the game for the remainder of the game. He/she may may be replaced by a substitute. A penalty throw is also given on major fouls.

1. Player attacking, striking or kicking an opponent in such a manner as, in opinion of referee, to endanger his/her person in any way.
2. Exhibit unsportsmanlike conduct.

Eligibility: All male and female students, faculty and staff are eligible to participate with the exception of members of the men's and women's swim team of which one man and one woman may be on each team.

Any student whose physical condition or health status is such that playing innertube water polo might be detrimental to himself/herself is ineligible to play unless he/she has written permission from the University Student Health. Determining his/her health status and getting permission to play is the responsibility of the student and must be arranged by the student.

SLOW PITCH SOFTBALL RULES
Central Michigan University
Mount Pleasant, Michigan

1. Team

Any male or female student matriculated for the fall semester is eligible to participate except members of the varsity and junior varsity squads and professional players.

Open Roster Policy. A player may be added to a team's roster any time during the season providing he/she *has not played for another team.* The player's name must be on the roster in the IM office before he/she plays in the game. However, for a player to be eligible to play in the post-season tournament, he/she must have played at least *two regular* season games.

A full team shall consist of five males and five females.

A team must have at least nine players present to play. (Five males and four females or five females and four males.)

2. Uniform and Equipment

a. No shoes with metal cleats will be allowed. Soccer type shoes are allowed. No player will be allowed to play in bare feet.
b. No equipment or uniform which might be injurious to another individual shall be allowed.
c. No uniform which is obscene or abusive shall be allowed.
d. Trapper gloves may be used only by catchers and first basemen.
e. All glasses should be attached to the person by a safety device.
f. All players are urged to wear a cap since the sunshine is distracting on most fields.

3. Game Rules

Amateur Softball Association slow pitch rules shall be followed in all games with a few exceptions, as stated below:

a. Game shall be based on both innings and time limit. A game shall be completed in seven innings (except for ties). Umpires will determine the time limit if needed.
b. Although "blooper pitch" rules are *not* utilized, all games are of a slow pitch variety. Every pitch must have at least an arc 3' from the *point of release from the pitcher's hand.* There is no maximum arc limit. Any pitch which is not legal is an automatic ball *unless* the batter swings at or hits the pitch, then the pitch is considered to be legal.
c. The batting order shall be alternating male – female. With 10 players, the #1 batter may be either male or female. With nine players, the majority sex shall fill the #1 and #9 batting spot.
d. No bunting is allowed. If a batter "shortens up" on the bat with one or both hands and contacts the ball in other than a swinging motion, he/she shall be called out regardless of whether the hit ball becomes fair or foul. In such a case, the ball is ruled dead and all runners must return to the positions held prior to the pitch.
e. A batter who swings at a pitch after it has touched the ground will be called out. This rule is to prevent the batter from hitting a pitch that bounces over the plate and is for the protection of the catcher.
f. A base runner may not score or advance on a wild pitch or a passed ball by the catcher or by means of a stolen base. A runner may not leave the base until the ball has been hit. If a runner is called out for leaving base prematurely, the ball becomes dead and the subsequent action is cancelled. *Note:* When the batter swings at a pitch and misses, the base runners will be allowed a "free step" and are *not* out for leading off.
g. Revised overthrow rule as of 1973: On a ball which is thrown out-of-play by an infielder (on the first throw from the infield) the base runner is allowed to advance two *bases* from the

base he/she was at when the ball was pitched. Example: Runner on second base. A ball is hit to the shortstop who throws the ball out-of-play at first base. The runner at second would be allowed to score. On a ball thrown from the outfield or on the second throw of a play, the base runner is allowed to advance two bases from the last base he/she touched when the ball was thrown, providing the ball goes out-of-play.

h. A batter is out on the third strike of a foul tip if caught by the catcher.

i. A batter is always out on the third strike regardless of all subsequent action including wild pitch, passed ball., etc.

j. A pitch which hits a batter shall be called a ball or strike depending on its position relative to the strike zone. The ball shall immediately become dead and no base shall be awarded.

k. An intentional pass may be executed by informing the umpire of the intentional pass. No pitch-out is required.

l. A legal game, in case of bad weather or darkness, shall be declared after 4½ innings. Score for a game which lasts longer than 4 but less than 7 innings shall revert back to the last complete inning.

m. If the home team is leading by 10 or more runs after 4½, 5½ or 6½ innings or the visiting team is leading by 10 or more runs after 5 or 6 innings, the game is over.

n. Only members of the IM staff may postpone a game.

COED SOCCER RULES
University of California
Berkeley, California

The Coed Intramural Soccer Rules are a modification of the NCAA Collegiate Rules with the basic differences of play stated below.

1. **Number of Players**
   Each team shall consist of not more than 10 players on the field including the goalie, during competition, with no more than 5 male players of the 10, and no fewer than 4 female players. A team may start and play a game with no fewer than 8 players, which must consist of an equal number of men and women, or more women than men.

2. **Player Position**
   The goalie may be either male or female. There are no position restrictions.

3. **Player's Equipment**
   Rubber cleated shoes will be allowed. This is for safety reasons. No other cleated shoes will be allowed. Tennis shoes or some other soft soled shoe will also be permitted.

4. **Player's Eligibility**
   1. Must be a student, faculty or staff.
   2. Players or redshirts on the intercollegiate soccer team for fall 1975 through spring 1976 are *ineligible.*
   3. Players may play on only *one* coed soccer team (A or B).
   4. All players must be on official roster in IM office. Rosters may be added to any time before playoffs.

5. **Length of Contest**
   1. Games will consist of two 20-minute halves, straight time.
   2. Half-time will be 5 minutes.
   3. Each team will be allowed one time out per half of 1 minute duration. The clock will be stopped during the time-outs.

6. **Scoring**
   If a woman scores a goal, 2 points will be awarded to the scoring team and the usual 1 point for a goal scored by a male.

7. **"Glued" Hand Play**
   Such a play will not result in a foul under the following circumstances: Women may use their hands in a *protective* manner above the waist with the hands "glued" to an area of the body about to be contacted by the ball. The hands may not be used to control the ball under any circumstances, but only to protect.

8. **Penalty Kicks**
   All penalty kicks during the game must be taken by a woman with the usual regulations governing such a situation enforced. "Tiebreaker" penalty kicks will be as follows: the first by a woman, the rest alternate male, female, so that of the five kicks three will be by women.

9. **Consecutive Touches**
   Men can only touch the ball consecutively three times. It then must be touched by another player (opponent or teammate) before that first player (male) can touch the ball again. There are no restrictions on how many touches a woman is allowed.

10. All regular soccer rules can be picked up in the intramural office.

11. Since this is a coed sport, emphasis is on enjoyment rather than winning. If you have questions, be sure to ask.

TUG CHAMPIONSHIPS
University of Iowa
Iowa City, Iowa

1. Tugs will be held from 5 to 7 p.m., Monday – Friday.

2. All tugs will be held at the Lower Finkbine Golf Course.

3. Tugs will begin on April 14.

4. Six people constitute a tug team. Coed teams must consist of an equal number of men and women. You must have at least four persons to tug. Only the anchor man may wrap the rope around himself. Tugs will be single elimination. Men's tug teams will be limited to six people with a 1,300 pound limit.

5. It is strongly recommended that all participants wear long sleeve sweatshirts. Hands should be taped or gloves worn to prevent burns.

6. Each team will be given a 3-minute period to prepare for the tug.

7. In case of stalemate, a 20-minute time limit is placed on matches. The team ahead at the time limit is declared the winner if the flag is still located in the center; the team which has been more aggressive will be declared the winner.

8. Wear old clothes.

9. Competition will be all-university.

10. Tournament will be drawn at random.

11. Team members may receive no assistance from nonmembers. All spectators are to remain in marked areas with the exception of tuggers, a cadence caller or coach, and intramural officials.

12. A coin flip will determine which team chooses sides of the creek.

Notice: The intramural office employees, staff and/or the University of Iowa are not responsible for any accident, health problems or other problems that might occur due to any person's participation in intramural tug of war at the University of Iowa. Each participant is responsible for his/her own health status and physical condition in regard to participating in intramural tug of war.

ULTIMATE FRISBEE
University of Colorado
Boulder, Colorado

Ultimate frisbee is a fast-moving, competitive, noncontact sport played by two teams of seven players each: four females and three males or four males and three females. The sport has a great deal of freedom and informality implicit in the rules. Primary among these is the spirit of sportsmanship which enables the honor system to be effective.

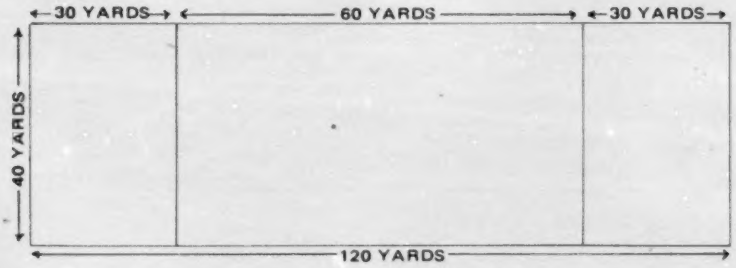
The object of ultimate frisbee is to gain points by scoring goals. The frisbee may only be passed, and a goal is scored when a player successfully passes the frisbee to a teammate in the end zone which that team is attacking. The team with the most points at the end of the game is declared the winner.

1. Equipment

The Wam-O-Master is the official frisbee to be used in tournament play. Individual players may wear almost any aids they wish, including hats, helmets or gloves, as long as they do not endanger the safety of any other player. For example, shoes with cleats are permissible and those with sharp spikes are not. No player may carry any sort of stick, bat or racket.

2. Playing Field

The playing field may have any surface whatsoever, including grass, asphalt, sand, snow or the wood of a gymnasium floor. The main playing field for the official ultimate frisbee game is 60 yards long and 40 yards wide. Both end zones are 40 yards wide and 30 yards deep.



If a pass is completed outside the lateral boundary, it is considered incomplete and the defensive team gains possession of the frisbee. To be considered inbounds, a player must land with both feet touching inside or on the boundary line. Should the frisbee land outside the lateral boundary, it is returned to play on the main playing field at the point where the frisbee went out of-bounds. The player throwing the frisbee inbounds *must* have one foot on the line.

3. Officials

A referee or referees may officiate, and their decision must be final. If no referee is used, the two teams play on an honor system. Each team should provide one person to keep time and score.

4. Time

A game of ultimate frisbee lasts for 48 minutes of playing time, divided into two 24-minute halves. Halftime lasts for 10 minutes. The clock starts after every throw-off when the receiving team touches the frisbee. The clock stops after every goal, at the end of each period of play, for time-outs, injuries, fouls, and when the frisbee goes out-of-bounds. The clock starts when the frisbee is thrown inbounds, or when both teams are ready to resume, and play continues at the location of the frisbee when the play stopped.

Each team is permitted three time-outs per half and one per overtime period, each lasting two minutes. Time-out may be called by either team after a goal and before the ensuing throw-off. A team must be in possession of the frisbee to call a time-out during play.

In the event of a tie at the end of regulation time, there will be an overtime period lasting 5 minutes. The captains flip a coin to determine which team will throw off. If there is no winner at the end of overtime, overtimes are continued until the tie is broken at the end of one.

5. **Throw-off**

Play begins with the throw-off. The captains of the two teams flip a coin to determine which team will throw or receive, or choice of goal. The teams shall alternate throw-offs at the beginning of each period. All players must be on or behind their own goal line until the frisbee is released. The receiving team must stand on their own goal line without changing relative position.

A player on the goal line throws the frisbee toward the other team. As soon as the frisbee is released, all players may cross the goal lines. No player on the throwing team may touch the frisbee in the air before it is touched by a member of the receiving team.

The receiving team may catch the frisbee or allow it to fall untouched to the ground. If a member of the receiving team successfully catches the throw-off, that player has possession at that point. If the receiving team touches the frisbee and fails to catch it, the team which threw off gains possession of the frisbee where it is stopped. If the frisbee is allowed to fall untouched to the ground, the receiving team has possession where it is stopped.

If the frisbee goes out-of-bounds before crossing the goal line, the receiving team makes the immediate decision of gaining possession at the point the frisbee went out-of-bounds, or having the frisbee thrown off again. If the frisbee goes out-of-bounds after crossing the goal line, the receiving team gains possession on the goal line at the nearest corner.

Each time a goal is scored, the teams switch direction of their attack, and the team which scored throws off on the signal of the receiving team.

6. **The Play**

The team in possession of the frisbee must attempt to move the frisbee into position so that it may score a goal. A player may propel the frisbee in any way he wishes. *The frisbee may never be handed from player to player.* For the frisbee to go from one player to another, it must be in the air at some time.

No player may walk, run or take steps while in possession of the frisbee. The momentum of the receiver, however, must be taken into consideration. Should a player take steps obviously not required to stop, play stops, the player returns to the point where he/she gained possession, and play resumes when both teams are ready.

The player in possession may pivot on one point, like in basketball. The thrower may not change his pivot foot. Only *one* player may guard the person in possession of the frisbee. The frisbee may not be wrenched from the grasp of an opposing player or knocked from his/her hand.

The defensive team gains possession whenever the offensive team's pass is incomplete, intercepted, knocked down or goes out-of-bounds. A rolling or sliding frisbee may be stopped by any player, but may not be advanced in any direction. After the frisbee is stopped, no defensive player may touch it. Possession is gained at the point where the frisbee is stopped. Any member of the team gaining possession of the frisbee may throw it.

A player may catch his/her own throw only if the frisbee has been touched by another player during its flight. Bobbling to gain control is permitted, but tipping to oneself is not allowed.

7. **End Zones**
Any time a team gains possession in the end zone which it is defending, the player may choose to resume play where the frisbee is stopped or at the goal line. A player may carry the frisbee up to the goal line provided that he/she approaches it perpendicularly. The player may not pass the end zone which he/she is attacking, the frisbee is *carried* perpendicularly to the goal line, and play resumes immediately from the goal line.

8. **Fouls**
A throwing foul, defined as any physical contact between offensive and defensive players sufficient to deter the flight of the frisbee, is called only by the player fouled. Contact occurring during the followthrough is not sufficient grounds for a foul. If the pass is completed, the foul is automatically declined and play proceeds without stopping.

A foul is also called when physical contact occurs as a result of the offensive or defensive players playing the man instead of the frisbee. This includes pushing, grabbing, clipping, holding, kicking, submarining, etc.

The player who is fouled calls "fouls," play stops and the player gains possession at the point of the infraction. Play continues when both teams are ready. Should a foul occur in the end zone, possession is regained at the goal line.

A stalling violation occurs when the player guarding the thrower calls out "stalling" and counts 15 seconds aloud. If the frisbee has not been released at the end of the count, it is turned over to the defense at that point.

9. **Scoring**
A goal is scored when an offensive player has two feet in the end zone after receiving a pass from a teammate. A player in possession may not score by running into the end zone. The team that scores receives one point.

10. **Substitutions**
Substitutions can be made only: (1) after a goal and before the ensuing throw-off, (2) to replace an injured player, or (3) after periods of play. Substitutions cannot be made during a time-out.

11. **Clarifying Statements**
There are no scrimmage lines or offsides in ultimate frisbee. The frisbee may be passed in any direction – forward, to the sides or backwards.

The term "when both teams are ready," used after time-outs, injuries and fouls, implies that the defender will hold the frisbee until the defensive team is ready and then hand the frisbee to the thrower – the clock restarts. It should be common practice that the offensive team remains staionary until the frisbee is given to the thrower.

12. **Variations**
Before the opening throw-off, the captains of the teams may agree on any additional ground rules necessary. The number of players, size of field, type of frisbee and length of game can be adapted.

13. History

Ultimate frisbee was developed by Joe ɔilver and the late Buzzy Hellring in 1968 at Colur. ɔia High School in Maplewood, New Jersey. The sport was sp .d to other high schools, and the New Jersey Frisbee Conference was formed. Rutgers and Princeton played the first intercollegiate ultimate frisbee game on November 6, 1972.

MIXED DOUBLES VOLLEYBALL RULES
Iowa State University
Ames, Iowa

1. Each game will consist of 15 points or 9 minutes *running* time, whichever occurs first. A team needs to have a 2-point advantage to win.
2. Ties: Continue play until the tie is broken, next point scored wins the game. (Played during 2-minute period.)
3. Supervisor will blow the whistle to start and end game. If ball is in air when whistle is blown, continue play until ball is dead.
4. For each minute *after* supervisor blew the whistle in which opponent is late, 1 point is added to other side's score. Nine minutes late means opponent forfeits first game (end of first game). Default match after 4 minutes into the second game.
5. There will be 2 minutes between games. If a game ended on a tie, it is broken during this 2-minute period.
6. Arrive at least 10 minutes early to avoid penalty points and forfeits. The clock on the *west* wall is the official time – it may be faster than your watch.
7. There must be one male and one female to start and finish game.
8. There must be only one intercollegiate volleyball player and/or one male volleyball club member per roster sheet – must classify as "A" division.
9. You may add players during the round-robin play. Players must have played in the round-robin play to be eligible for the single-elimination tournament.
10. A person can only play for one team.
11. All other intramural policies can be found in the *ISU Information Handbook.*
12. Females substitute for females, males substitute for males – alternate positions on the floor.
13. *Both sexes need not participate in play* before the ball is sent over net.
14. If playing short – *Loss of service for the empty spot:* Automatic side-out.
15. Forfeit policy – $5.00 fee to the house that doesn't show up. This team will be dropped from future games unless the fee is paid by 5 p.m. the day *before* the team is scheduled to play again.
    a. $5.00 fee is charged whether you return to play or choose not to continue.
    b. Games can be rescheduled by calling the intramural office and following procedures in the intramural policies.
    c. With space in such high demand during the winter quarter, it is unfair to open-recreation people and your opponents to reserve space if you are not showing up.
16. No scorers/timers or officials will be on your court during the round-robin tournament. Call your own games.
    a. Announce score before serving.
    b. All open-handed, underhanded hits contacted *below* the shoulders are illegal.
    c. Player may step on or over the center line provided some part of the foot is in contact with the center line and one doesn't interfere with opponents.
    d. Players may not touch the net.
    e. Some part of the ball must be on your side to spike – please place spike so that the ball is not hit into the opponent.
    f. Blocker may reach over the net to block a returned ball; blocker may not block a set or serve.
    g. If you have a question, replay the point or see the supervisor.
    h. Free substitutions – may rotate in other players during side-outs.

Tennis shoes must be worn in gyms; stocking or bare feet are not safe and will not be permitted.

SUMMARY OF IMPORTANT CO-REC VOLLEYBALL RULES

Iowa State University
Ames, Iowa

The intramural program supplies officials for all games. However, this does not relieve players of responsibility for "honor calls." The official rules say this about honor calls: "Traditionally, volleyballers have indicated their own foul when they have touched the net or have touched the ball unobserved by the officials. Often difficult to be observed, the player has certain knowledge of his/her wrong and calls it. This is desirable. Other violations called by a player upon himself/herself should be accepted by the referee, but are not to be expected or encouraged."

1. The captains shall toss a coin to determine either the choice of court or the serve. The team receiving the service first shall serve first in the next game.
2. The server shall stand back of the rear boundary line and anywhere within 10 feet of the right sideline.
3. Each member of a team shall serve in turn. The server shall continue to serve until side-out is declared. Serving out of order causes a side-out and loss of points during serve. (Loss of points – if discovered before opponents have contacted the ball on the service for their first point).
4. The server must not step on service line when serving.
5. Center line foul: Some part of the foot must be *on* the center line. If opposing player steps on foot, it is a net violation on you, not the opponent.
6. Touching the net with any part of the body while the ball is in play is a foul. It is not a foul, however, when the ball is driven into the net, causing it to touch an opposing player.
7. You may reach over the net to block a ball being returned, but you may not block a set because it is not being returned.
8. All underhanded, open-handed hits *contacted below the shoulders* are illegal
9. Simultaneous Contact: If two or more players of the same team contact the ball simultaneously, it is considered one play, and players involved may participate in the next play. This next play should be counted an additional hit.
10. Points are scored only by the serving team.
11. The ball must be returned over the net after not more than three contacts.
12. When a ball in play touches a boundary line, it is considered good.
13. A game is won by either team when the score is 15 points with a 2-point advantage, or after 8 minutes running time with a 2-point advantage. Clock will stop for team time outs. Time-out is for 1 minute. Each team may have one team time-out per game.
14. The serving team scores a point when the ball is not legally returned or when it hits the floor in the opponent's half of the court.
15. A match is won by the team that first wins two games out of three.
16. Some part of the *ball* must be on your side to spike. Please place spike so that the ball is not hit into the opponent.
17. Teams shall change courts at the end of each game, and after 8 points or 4 minutes of the third game.
18. After the service is delivered, players may take any position on their respective sides of the net.
19. A player, except when serving, may play the ball with any part of his body above the waist.
20. A ball, other than on service, may be recovered from the net if the player avoids contact with the net.
21. Players may leave the boundaries to play a ball during actual play, but they must be in their own areas when the ball is served.
22. The referee shall have the power to warn, declare side-out or point, or disqualify from the game or match any player, substitute or manager who commits any of the following gross violations of sportsmanship:
    a. Persistently addresses the official with regard to decision.

b. Makes derogatory remarks about or to the officials.
c. Commits acts derogatory to the official or tending to influence his/her decisions.
d. Makes personal and derogatory remarks about or to opponents.

23. If the official sounds the whistle by mistake, he/she shall direct a play-over.
24. In case of injury, the referee shall allow a 3-minute time-out.
25. A team must have two players to start and continue a game in intramurals (one male and one female). If team plays short (less than six players), loss of service for the empty spot: Automatic side-out.
26. The official should direct a play-over if a loose ball on the court causes danger or interferes with play.
27. Intramural rules allow *free substitutions* as long as the privilege is not abused (delay of game).
28. The rest period between games is 3 minutes.
29. Block: Player goes up to block, ball falls on his side of net, player *may* play the ball again. It counts as the second contact for his side. If more than one contact occurs on a side, both sexes must have hit the ball. Need not be alternate hits.
30. If, during an attempt to block a ball, the ball is hit against the net with such force that it causes the net to move under the fingers or hands of the blocker, no fouls shall be called on the blocker.
31. There can be only one intercollegiate volleyball player or volleyball club member on a roster sheet. Must classify all A-B leagues.
32. If fouls are committed by players on opposite teams, either simultaneously or on the same play, the ball shall be re-served (play-over).

Additional Information

1. Arrive 10 minutes early to avoid late penalty.
2. All Intramural policies can be found in the *ISU Information Handbook*.
3. Each team must provide a scorer/timer.
4. You may add players during the round-robin play. Players must have played in the round-robin play to be eligible for the single-elimination tournament.
5. Late penalty: 1 point per minute. Loss of game after 8 minutes; loss of match after 10 minutes.
6. Forfeit policy – $5.00 fee for the house that forfeits. Team will be dropped unless fee is paid by 5 p.m. the day *before* you are scheduled to play next game. With space in such high demand, it is unfair to open-recreation people and your opponents to reserve space if you are not showing up.
7. For six player co-rec volleyball, if ball is contacted more than once on a side, both sexes must have contacted the ball before it is returned.

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